

“A Study on Mental Depression among the Sportsmen of Sports Authority of India, Western Center Aurangabad”.

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Abstract:

The aim of this study is to find out the mental depression of sportsmen of SAI Western centre, Aurangabad. A group of sixty (N=60) male subject aged between 18-25 years, those are practising in SAI western centre, Aurangabad were selected for this study. The purposive sampling technique was used to attain the objectives of the study. All subject, after having been informed objective of the study, gave their consent and volunteered to participate in this study. Subjects answered 50 questions of L.N. Dubey's Questionnaire. To test the hypotheses, mental depression scale were used. The result revealed that there is very low mental depression in sportsmen of SAI Western centre Aurangabad.

INTRODUCTION

Depression is also called sadness or worry is a Psychological and physiological state characterised by somatic, emotional, cognitive behavioural components. It is the displeasing feeling of fear and concern.

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and sense of well being.

Depressed people feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt or restless. They may lose interest in activities that once were pleasures, experiences, loss of appetite or overeating have problems concentrating, remembering details or making decisions and may contemplate, attempt or commit suicide.

Depressed mood is not always a psychiatric disorder. It may also be a normal reaction to certain life events, a symptoms of some medical conditions, or a side effect of some drug or medical treatment. Depressed mood is also a primary or associated feature of certain psychiatric syndromes such as clinical depression. Depressed mood can be the result of a number of infectious diseases, neurological conditions and physiological problems.

We all go through ups and downs in our mood. Sadness is a normal reaction to life's struggles, setbacks, and disappointments. Many people use the word "depression" to explain these kinds of feelings, but depression is much more than just sadness.

Some people describe depression as "living in a black hole" or having a feeling of impending doom. However, some depressed people don't feel sad at all—they may feel lifeless, empty, and apathetic, or men in particular may even feel angry, aggressive, and restless.

Whatever the symptoms, depression is different from normal sadness in that it engulfs your day-to-day life, interfering with your ability to work, study, eat, sleep, and have fun. The feelings of helplessness, hopelessness, and worthlessness are intense and unrelenting, with little, if any, relief.

Statement of the problem:

“A study on Mental Depression among the Sportsmen of Sports Authority of India, Western Centre Aurangabad”.

Significance of the Study:

- The study may try to give a better picture of the mental health among the Sportsmen of S.A.I Western centre Aurangabad.
- The study may increase their mental horizon.
- The study may help to increase awareness about mental depression level among the Sportsmen of S.A.I Western center Aurangabad.
- The finding of the study would provide a guideline to the future research investigators in health sciences to conduct further research in this field.

Objectives of the Study:

- To study the mental depression among the Sportsmen of S.A.I. WesternCenter Aurangabad by using the mental depression scale.
- To analyze the mental depression level among the S.A.I. Western Sportsmen of Aurangabad.
- To study the effect of Depression among the S.A.I. Western Sportsmen of Aurangabad.
- To give treatment or remedial measures to those students who are engulfed in depression.

Hypothesis:

Ho1 -The researcher hypothesis that, the mental depression level among the Sportsmen of S.A.I Western center Aurangabad is high.

Delimitations:

- The study was delimited to 60 Sportsmen of S.A.I. Western centre Aurangabad.
- The study was delimited to only among the Sportsmen of S.A.I Western centre Aurangabad.
- The study was delimited to observe the mental depression level among the Sportsmen of S.A.I. Western centre Aurangabad.
- It uses only one method to study, the mental depression scale (M.D.S.) questionnaire.
- The study was delimited to only male physical education students between the age group of 18-25.
- The study was delimited to 50 questions given in the L.N. Dubey's (M.D.S.) questionnaire.

Limitations:

- Sincere response to the questionnaire was limitation of the study.
- Availability of the subjects at a given time was a limitation of the study.
- Inherent potentiality of the subjects was not considered.
- No specific motivational techniques were used to motivate the subjects.

Operational Definition:**MENTAL DEPRESION:**

Depression is a state of low mood and aversion to activity that can have a negative effect on a person's thoughts, behaviour, feelings, world view, and physical well-being. Depressed people may feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless.

Sportsmen:

a man who takes part in sports, esp. of the outdoor type. 2. a person who exhibits qualities highly regarded in sport, such as fairness, generosity, observance of the rules, and good humour when losing. Sportsman-like, sports manly, adjective. Sportsmanship, noun.

S.A.I (Sports Authority of India):

The Sports Authority of India (SAI) (Hindi: भारतीयखेलप्राधिकरण) is an apex National Sports body set up in 1984 by the Ministry of Youth Affairs and Sports, Government of India for broad basing and bringing excellence in sports across India. It has 9 Regional Centres which are located at Bengaluru, Gandhinagar, Chandigarh, Kolkata, Imphal, Guwahati ,Bhopal, Lucknow and Sonapat;and two Academic institutions viz. Netaji Subhash National Institute of Sports(NS NIS), Patiala and Laxmibai National College of Physical Education (LNCPE),Thiruvananthapuram (Kerala). Through NS NIS Patiala and some of the regional centres at Bengaluru, Kolkata and Thiruvananthapuram SAI offers a variety of courses in sports coaching and sports medicine and SAI LNCPE, Thiruvananthapuram conducts graduate and post-graduate courses in physical education.

AURANGABAD:

- The capital of marathwada.
- Established: 1610 A.D.
- It is also one of the fastest growing cities in the world.
- It is fifth largest city in Maharashtra after Mumbai, Pune, Nagpur and Nashik
- It is also famous for tourist place.

METHODOLOGY

As the researcher tried to know the mental depression level among the Sportsmen of S.A.I Western centre Aurangabad, under Survey method, questionnaire type research was selected as research design.

Population of the study:

Sportsmen of (S.A.I) Sports Authority Of India, western centre Aurangabad.

Sampling

As the number of Sportsmen of S.A.I centre Aurangabad, was not high. It was difficult for the researcher to administer the test, so the researcher selected 60 Sportsmen of S.A.I. Western centre Aurangabad, as its sample through simple random sampling.

Selection of variables**VARIBLES STUDIED**

(a) Independent Variables: Questionnaire

(b) Dependent variables: Depends on the performance of the students in the test (test scores), questionnaire (mental depression scale).

(c) Intervening variables: Depends on age, sex, education qualification, environment etc.

TOOLS AND MEANS

The researcher has used the following equipments for collection of data during the tests.

1. Mental depression scale.
2. Manual.
3. Pencil and Rubber.

Procedure of Study:

The subjects were selected randomly through survey method to study the mental depression level. The investigations have adopted the questionnaire methods for the collection of data for this study. A questionnaire consisting of a list of questions concerning the personal data, opinions, suggestions, reactions of the students. The depression level of students was measured by mean. Total of all the score is the raw score on this scale.

For male samples the mental Depression category is as:

| Raw Scores | Category of mental depression |
|--------------|-------------------------------|
| 45 and above | Very High Depression |
| 38 to 44 | High Depression |
| 31 to 37 | Normal Depression |
| 24 to 30 | Low Depression |
| 23 and below | Very Low Depression |

COLLECTION OF DATA

The subjects of this study are the Sportsmen of S.A.I Western centre Aurangabad. Handball, Volleyball, Football, and Hockey Male players of Aurangabad were selected for the study.

Statistical methods:

Mean and Standard deviation were used.

$$\text{Mean} = \frac{\sum x}{n} \quad \text{Standard Deviation} = \sqrt{\frac{\sum x^2}{N}}$$

ANALYSIS OF DATA AND RESULT OF THE STUDY

The data was statically analyzed and is presented in this chapter.

Mean deviation and Standard deviation were measured which resulted as:

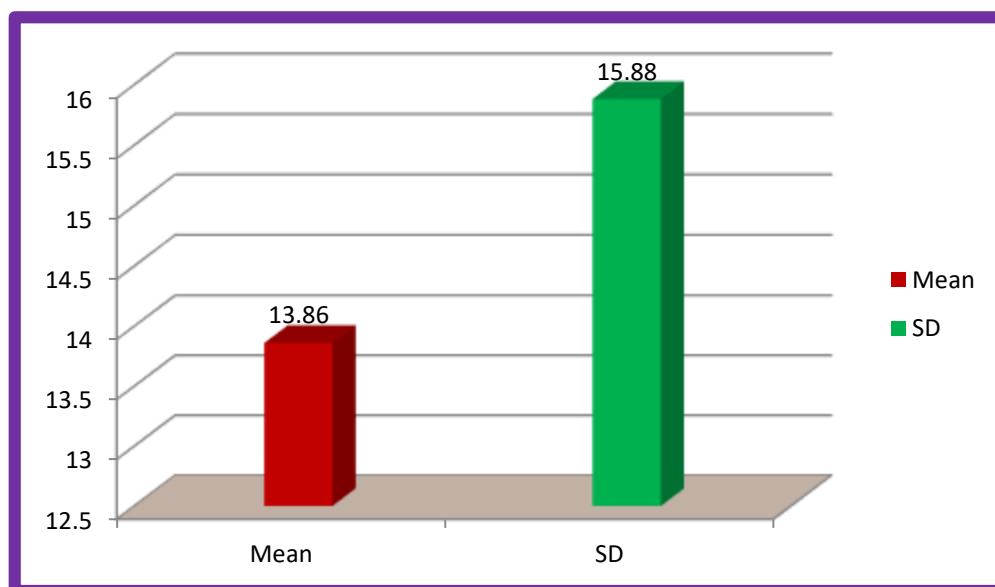
TABLES/ GRAPHS**Analysis of the Data**

The Mean and Standard deviation among the Sportsmen of S.A.I centre Aurangabad.

| S.No. | MEAN | STANDARD DEVIATION |
|-----------|-------|--------------------|
| Sportsmen | 13.86 | 15.88 |

Mean and SD of the individuals score are shown in the above graph

Graph



- 1) The mean value of the Sportsmen of S.A.I. Western centre Aurangabad is 13.86, and the standard deviation value is 15.88, shown in the above graph.

After finding the mean the researcher found that the mental depression level is very low in the Sportsmen of S.A.I Western centre Aurangabad.

Findings of the Study

It was analyzed that the mental depression level of the Sportsmen of S.A.I. Western centre Aurangabad is very Low.

Simply Mean was used to find the mental depression level of the Sportsmen of S.A.I. Western centre Aurangabad, mental depression level of the physical education students is very Low.

Testing of Hypothesis

Hypothesis –1 :

The first hypothesis states that, the mental depression level of the Sportsmen of S.A.I center Aurangabad is high.

- It is evident from the mean value that the mental depression level of Sportsmen of S.A.I centre Aurangabad is very low.
- Hence the first hypothesis is rejected on the basis of statistical findings.

SUMMARY CONCLUSION AND RECOMMENDATION

Summary:

In the present study, Mental Depression Scale has been used to study Mental Depression Level of the Sportsmen of S.A.I. Western centre Aurangabad. Mental depression level was the main objective of the study. The study was conducted on 60 Sportsmen of S.A.I. Western center Aurangabad. Subjects were purposively selected by researcher from Aurangabad city. The data was collected by using a questionnaire, namely L.N.Dubey's Mental Depression Scale. The data was analyzed with the help of statistical procedures in which arithmetic mean, standard deviation (SD) were computed. The mental depression was only variable studied in Sportsmen of S.A.I. Western centre Aurangabad. The test used was, MENTAL DEPRESSION SCALE (M.D.S) QUESTIONNAIRE. The result of study is that Mental Depression Level of the Sportsmen of S.A.I. Western centre Aurangabad is very Low.

Conclusion:

- After going through the whole study, the researcher came to know that there is very Low mental depression level in the Sportsmen of S.A.I. Western centre Aurangabad.
- Hence Ho1 the mental depression level of the Sportsmen of S.A.I centre Aurangabad is high is rejected.

RECOMANDATIONS:

- This kind of study may be conducted on common people and sportsmen.
- This kind of study may be conducted on novice athletes and professional athletes.
- To study the Mental Depression level of general education students also.

SUGGESTIONS:

- The researcher's advice to the students in the early stage is to surround yourself with people who can support you can eliminate people who cannot support you from (at least) the immediate future of life.
- By have psychological Knowledge we can select the right personalities for right professions.
- Every tomorrow has two handles we can take hold of it with the handle of depression or the handle of faith.
(Henry ward Breacher)

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